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Woods drops into rough

CRASH The squeaky-clean image of Tiger Woods has taken a hit following a mysterious middle-of-the-night car crash, lurid allegations about an extra-marital affair and reports his wife angrily wielded a golf club as her husband fled their home.

No one's saying officially what prompted Woods to speed off from his Florida home in the wee hours Friday morning, only to smash into a fire hydrant and a tree.


Woods

A statement by Woods yesterday didn't provide much detail.

"This situation is my fault, and it's obviously embarrassing to my family and me," Woods wrote.

"I'm human and I'm not perfect. I will certainly make sure this doesn't happen again ... Although I understand there is curiosity, the many false, unfounded and malicious rumours that are currently circulating about my family and me are irresponsible."

THE CANADIAN PRESS

News on the Move

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Celebrity Buzz pg 18

Mixed review for Pitt, homes

On the web
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28-27 Grey Cup


ADRIAN WYLD/THE CANADIAN PRESS

Montreal Alouettes quarterback Anthony Calvillo, centre, hoists the Grey Cup with teammate Anwar Stewart, left, after the Alouettes beat the Saskatchewan Roughriders 28-27 to win the 97th Grey Cup last night in Calgary. Coverage, page 14.

Police hit at checkpoint

Suspects sought after Jeep Grand Cherokee knocks officers down

MONIQUE MUISE
monique.muise@metronews.ca

Halifax Regional Police were searching for three suspects yesterday after a hit-and-run incident on the Angus L. Macdonald Bridge that sent two police officers to hospital.

According to Staff Sgt. Brenda Zima, the officers were making a routine stop at an impaired driving checkpoint around 3 a.m. when the vehicle suddenly accelerated, knocking them both to the pavement.

"The officers approached ... and attempted to engage the driver in conversation and the vehicle immediately took off," said Zima, adding both were on the driver's side. "It was a very dangerous situation."

The two officers, one of whom was dragged a short distance along the roadway, were not able to pursue the driver or take down a licence plate as the vehicle sped through the bridge tolls.

"There were three adult males, white," Zima said of the suspects. "That's pretty much all we have at this point."

The checkpoint was part of Operation Christmas — a program launched several years ago to cut down on the number of impaired drivers on the road during the holiday season.

Police describe the vehicle as a late 1990s-2000 Jeep Grand Cherokee — a two-toned model with light grey on top and dark grey on the bottom. Police also say there should be scratches to the driver's side of the vehicle.

Police say the vehicle was last observed in the Thistle Street area. The two injured officers were taken to the Dartmouth General Hospital where they were treated for minor scrapes and bruises and then released, Zima said.

She called the incident "a very rare occurrence," saying this is the first time something like this has happened during Operation Christmas.

"It's difficult to say why this person did what they did," Zima said. "There are certainly a number of reasons why people don't want to talk to the police."

Witnesses

- Police are urging anyone who may have witnessed the incident or seen the suspect vehicle in the area to contact them at 490-5016.

No change in climate plan: PM

SUMMIT Maybe minor tinkering, but not a total overhaul.

That's Prime Minister Stephen Harper's assessment of Canada's position on climate change with a pivotal United Nations summit just days away.

The prime minister says Canada's goal for reducing greenhouse gases is "virtually identical" to targets proposed by the Obama administration.


Harper

So he says major changes at this stage would put Canada at a disadvantage with its biggest trading partner.

"We may make some minor adjustments, but that will essentially be our target," Harper told reporters on the final day of the Commonwealth summit in Trinidad and Tobago.

"We believe it is essential, given the integration of our two economies, that our targets remain in line."

Climate change has been the dominant issue at these Commonwealth meetings.

But the head of the UN warned political will is still lacking with just days to go before a key round of climate-change negotiations begins in Copenhagen.

"We need the political leadership at this time," UN Secretary-General Ban Ki-moon said Saturday in Port-of-Spain. A day earlier he suggested Canada should be setting an example.

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Local



Canyon tickets still available

Tickets are still available to see country music star George Canyon, left, of Pictou County perform a two Christmas shows at The Schooner Room at Casino Nova Scotia this Friday and Saturday at 8 p.m. Titled George Canyon Christmas, tickets go for $42, plus taxes and service charges. They are available at all Ticket Atlantic outlets, by phone at 451-1221 and online at ticketatlantic.com. METRO HALIFAX

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More H1N1 clinics to open

MONIQUE MUISE
monique.muise@metronews.ca

Getting vaccinated for H1N1 may get easier over the next few days as the Capital District Health Authority expands the number of places where people can line up for the shot.

Starting today, students at Sackville High will be eligible for the vaccine during regular school hours. A second school-based clinic is slated to open at Citadel High tomorrow, and both clinics will be open to the general public after school until 9 p.m.

Peter Graham, spokesman for the Capital District Health Authority, said the clinics are part of a pilot project that will be expanded into other area schools over the next couple of weeks.

"Right now, we're in discussion with the school board to organize additional clinics," Graham said. "The details are still being worked out."

As the province continues on the downward slope of the second wave of the pandemic, officials have also eased up on restrictions surrounding visitation in area hospitals. As of Friday, the IWK Health Centre and other capital health facilities returned to normal visitation policies. Two weeks ago, concerns about the spread of H1N1 prompted hospitals to limit the number of visitors a patient could receive and turn away any visitors under the age of 12.

Both Capital Health and the IWK are still urging people who are displaying flu-like symptoms to avoid visiting anyone in the hospital.

News in brief

CORRECTION In the Friday edition of Metro Halifax, the story Doc raises flu clinic questions erroneously referred to Paul W. Bennett as a medical doctor. Bennett, a former headmaster at the Halifax Grammar School, holds a doctorate in education. METRO HALIFAX

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What's online today.

Video Stephen Harper stands firm on Canada's climate change targets ahead of Copenhagen summit at **metronews.ca/canada**



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Christmas **Santa visits Spryfield**



RYAN TAPLIN/METRO HALIFAX

Kids wave to the crowd from a float in the 35th annual Spryfield Santa Claus Parade yesterday.

Police seek two female robbery suspects

CRIME Halifax Regional Police are looking for two young women who they allege each pulled knives on the same man and robbed him at a house party in Halifax.

Police say at 3:07 a.m. yesterday, a man was followed into an apartment building on Brussels Street where a party was taking place. Once inside, police allege knives were pulled on the victim and money was stolen. The suspects then left the building, police say.

One of the females is described as being white, 18 years of age, five-foot-three and 130 pounds. She was said to be wearing jeans and a dark winter jacket. Police describe the other person as an Asian woman aged 19 or 20, with dark shoulder length hair. She is also described as wearing jeans. METRO HALIFAX

Peace activist quits politics 'to be free to speak out'

PAUL McLEOD
paul.mcleod@metronews.ca

NDP Peace activist Tamara Lorincz is dropping out of politics.

In an open letter thanking her supporters, the Halifax resident said she will not seek another NDP nomination in the next election nor even remain a member of the party.



Tamara Lorincz

In the 2008 federal election Lorincz received over 12,000 votes to finish second to Liberal Geoff Regan in the riding of Halifax West.

In her letter she says she did not have full support from the NDP because of her outspoken opposition to Canada's involvement in Afghanistan and her views on growing militarism in Canada.

"I have realized that I personally can't work within a party for social and environmental change," the letter reads.

Lorincz urges "good people" to enter politics, but says it's not for her.

"I want to be free to speak out against the injustices that I see and to take action as my conscience leads me," she writes. "My passion is to make the world a better place, but in a non-partisan way."

The letter highlights Lorincz being saddened by NDP Premier Darrell Dexter's support of Lockheed Martin. When the Tories were in power last spring the manufacturer received a $1.8-million payroll rebate from Nova Scotia Business for a development facility employing over 150 people.

"This is a company that sells its weapons to our government and then pockets our tax dollars," writes Lorincz. "This war profiteering is crippling our economy and bankrupting us morally."



Man struck by vehicle on Almon Street
Halifax Regional Police say a man was struck by a vehicle while crossing mid-block on Almon Street in Halifax early Saturday evening. Police say the victim, 45, was taken to the QEII Health Sciences Centre with non-life-threatening injuries. METRO HALIFAX

Tourism set to best '08 by 1%: Province

DATA The Nova Scotia government says the number of visitors to the province is expected to jump by one per cent this year compared to 2008.

The government says it expects the province to end the year with about 2.1 million visitors.

While the number of visitors is up slightly, the amount of revenue generated by tourism is expected to drop by 1.6 per cent.

2.1M
The projected number of visitors to the province in 2009.

The government says the decrease to $1.31 billion in tourism revenue for 2009 is due to a drop in visitors from Western Canada, the United States and overseas. It says visitors from those places tend to stay longer.

Tourism Minister Percy Paris says the figures show Nova Scotia is holding its own, despite the global economic downturn.

THE CANADIAN PRESS

Mixed interest in royal visit

Apathy, excitement over Queen's summer trip to Halifax

ALY THOMSON
for Metro Halifax

Queen Elizabeth II and the Duke of Edinburgh are coming to Halifax next summer, but the mood of some about the visit is less than overzealous.

"Nothing against the Queen, but I wouldn't bother coming to see her," said Halifax's Steve Patterson on a brisk day yesterday off of Spring Garden Road.

Patterson, 27, said though he won't be first in line to catch a glimpse, he respects Canada's relationship with the British monarch.

"I think it's sort of cool how Canada established themselves peacefully from Britain," he added.

Marie Dion, 25, thinks it's "fine" the Queen will be coming to Canada from June 28 to July 6, but said our colonial ties with Britain are outdated.

"The whole concept of colonization maybe worked in the 1800s, but not now ... I don't think they have the resources," she said.

Tom Rowan, 50, offered a different opinion. He's looking forward to the Queen coming, and said Canada should care about her visit.

"I think the Queen is an outstanding monarch for Canada," said Rowan.

The Queen, who will be joined by her husband, Prince Philip, also plans to tour Manitoba and Ontario, including Ottawa for Canada Day.

"Specific details of the Nova Scotia program will be developed and co-ordinated by the provincial office of protocol and released at a later date," said Premier Darrell Dexter in a release.

This will be the Queen's first visit to Canada since 2005, when she visited Saskatchewan and Alberta during the provinces' centennial years, said the British Monarch website. Her visit in 2010 will mark the centennial of Canada's Navy.

"At a time when we will be celebrating the 100th anniversary of the Navy and other important events, all Nova Scotians will have every reason to welcome Her Majesty and His Royal Highness with great excitement and pride," said the premier.


FERNANDO LLANO/THE ASSOCIATED PRESS

The Queen, seen here Friday during the Commonwealth summit in Trinidad and Tobago, will drop by Halifax next summer with Prince Philip.

News in brief

FIRE RCMP say they are investigating a suspicious blaze that destroyed a vehicle and damaged the fire hall in Kennetcook. The Windsor district of the RCMP says it received an emergency call after 7 a.m. on Friday that a car next to the hall was on fire. The car had been reported stolen a couple of hours earlier. This vehicle fire spread to the hall, damaging a bay, but police say no fire equipment was damaged.

THE CANADIAN PRESS

Spring Garden Area's Quick Facts

Did you know that Susie's Shortbreads on Dresden Row not only bakes for you but also sells cookie dough and butter cream icing for home baking?

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Police arrest two men in alleged cabbie assault

Two North Sydney men in their 20s were arrested by police late last week following an alleged assault of a cab driver after a dispute over cab fare. Cape Breton Regional Police responded to the call at 11:40 p.m. on Friday with the female cab driver suffering minor injuries. METRO HALIFAX

News in brief

COURT One of two teens charged in a robbery and assault on a 72-year-old Truro cab driver is to be sentenced in February. The 15-year-old has pleaded guilty in youth court to robbery, carrying a bottle as a weapon to commit an offence, breaking into a dwelling and two breaches of a court undertaking. The cabbie was taken to hospital with non-life-threatening injuries after the October attack. A 16-year old Truro boy, also charged in connection with the incident, is due in court on Dec. 23. TRURO DAILY NEWS

Coyote bold, not aggressive: Official

Latest encounter 'outside of comfort range,' but deemed not an attack

Parks Canada is considering the latest encounter between humans and a coyote in the Cape Breton Highlands National Park as neither an attack nor an attempted attack.

The incident occurred the weekend of Nov. 14 and 15 when a coyote crossed the path of a man and woman while they were walking a dog near Jerome Mountain.

"At first we got the impression there was some aggression displayed, but as we investigated it became more apparent that may not be the case," said Derek Quann, a Parks Canada manager of resource conservation. "Nonetheless, the animal did not flee as the two kind of closed in on one another."



Taylor Mitchell

Quann said the coyote was on the opposite side of the guardrail and didn't retreat as expected. Instead, it appeared bold and unwilling to move off.

"The man had some sort of walking stick with him and he struck the animal. He whacked it."

Once struck, the coyote quickly fled the scene.

"We've gone back down to a monitoring phase on that because it wasn't a severe aggression, but definitely something that was outside of our comfort range, something that concerns us and something we react to quickly."

As the incident occurred about 10 kilometres from the Skyline trail where coyotes fatally attacked Toronto's Taylor Mitchell last month, it is considered unrelated. The area will be monitored, but the latest incident is considered closed.

As part of the active Mitchell investigation, a fifth coyote near the Skyline trail was recently destroyed. CAPE BRETON POST



City seeks input on direction for Khyber

The future of The Khyber is up in the air and Halifax Regional Municipality is looking for public input on where it should go next.

The historic building at 1588 Barrington, known as The Khyber Building, has in recent years served as a showcase for local artistic talent. But the building needs to undergo renovations estimated at $626,000 to meet the National Building Code.

At issue is what comes afterwards for both the building and the Khyber Arts Society that runs it.

There are five main options being considered, ranging from the Khyber Arts Society owning and operating the building to leasing it from the city to moving elsewhere altogether.

A report on the options was prepared by the consulting firm TCI Management and is available online at www.halifax/ca/crca/feasibilityreport.html.

Consultants are asking the public to review the report and give feedback on the different options.

METRO HALIFAX

Session, survey

- There will be a public information session Dec. 9 at the Bloomfield Centre from 1 p.m. to 3 p.m. and 6:30 p.m. to 8:30 p.m.
- A public survey will run from Dec. 9, 2009 to Jan. 8, 2010.

ShareYourViews
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Ablonczy to talk at tourism summit
Minister of State Diane Ablonczy will be speaking this morning at the Tourism Industry Association of Nova Scotia's 2009 Tourism Summit. METRO HALIFAX

Bat-killing disease heading east: Expert

Biologist says P.E.I., N.L. may be spared

An expert who believes bats in Atlantic Canada could soon be threatened by a mysterious illness that has killed up to 500,000 bats in the north-eastern United States says the flying mammals in Prince Edward Island and Newfoundland might be spared.



Hugh Broders, chairman of biology at Saint Mary's University, predicts white-nose syndrome will spread into the region in a matter of years.

"I desperately hope I'm wrong, but I do think it's coming," he says.

However, he says not all Atlantic provinces may be affected equally.

Broders says bats living in Newfoundland and P.E.I. may be spared from the illness, which is believed to spread animal to animal and from person to animal on the boots of people visiting caves.

If there is no crossover of bats from the two island provinces to the mainland, they might provide a refuge from the syndrome.

Borders says this is more likely for Newfoundland because of its more remote proximity.

White-nose syndrome got its name from the smudges of white fungus that appear around the nose, mouth and wings of the affected animal. It was first documented in Albany, N.Y., in the winter of 2006.

Since then, the syndrome has spread across nine states in the north-eastern U.S. and has wiped out anywhere from 75 to 98 per cent of the overwintering bat population.

"If the trend that we've documented in the north-eastern states holds true here, we're likely to lose an incredibly large percentage of our bats," says Broders.

Broders, who has studied bats for 11 years, says it's likely that the syndrome will hit Canada given the rapid and destructive spread across the northeastern U.S.

While there are no confirmed reports of white-nose syndrome in Canada, signs of the syndrome were reported in 2008 in Watertown, N.Y., about 50 kilometres from the Ontario border.

If it comes, Broders says it could wipe out the bat population in 10 to 15 years. THE CANADIAN PRESS

School staff vote to back strike action

UNION The latest round of contract turmoil in Nova Scotia came to the fore this weekend as school board workers voted overwhelmingly to support strike action.

CUPE support staff in seven school districts across the province, but not including Halifax, voted 91 per cent in favour of giving their bargaining committee the power to call a strike.

Union spokeswoman Kathy MacLeod said workers hope to avoid a strike and see it as a last resort. But she said the strike vote is a strong message from workers that they want a fair deal from their new contract.

The 3,700 CUPE workers have been working under a contract that expired March 31, 2007. After filing notice, the workers could be in a legal strike position within 14 days.

Last month, final-hour negotiations between the Nova Scotia Community College and its faculty and support resulted in an agreement and prevented a last-minute strike of over 900 workers. METRO HALIFAX

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Citadel Victorian Christmas



RYAN TAPLIN/METRO HALIFAX

Dancers with Greene School of Irish Dancing perform during the 20th annual Victorian Christmas event at the Citadel yesterday.

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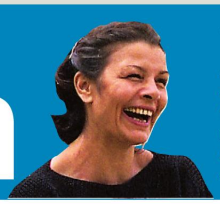
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Museum removes explosive artifacts

A Newfoundland museum is proving that military history can be a blast. Safety officials removed 13 pieces of ammunition from display cases at the Royal Newfoundland Regiment Museum after an inspection showed the ordnance may be dangerous. THE CANADIAN PRESS

Canada



Civil suit against Iran begins

A legal showdown is set to take place in a Quebec courtroom this week pitting the government of Iran against the estate of slain photojournalist Zahra Kazemi. The Iranian government will try to argue its way out of a $17-million civil suit filed by the family of the Iranian-Canadian photographer. Lawyers for both the Iranian and Canadian governments will argue that Iran cannot be sued under Canada's State Immunity Act, which limits the conditions under which a foreign government can be brought before a Canadian court. THE CANADIAN PRESS

Harper take swipes at federal opposition

POLITICS Prime Minister Stephen Harper assured Canada's military yesterday that he and most Canadians stand behind them, even if his political opposition does not.

Before leaving the Commonwealth summit in Trinidad and Tobago, Harper took another backhanded swipe at MPs and others who have questioned the handling of prisoners captured during the war in Afghanistan.

"Let me just say this," Harper said, "living as we do, in a time when some in the political arena do not hesitate before throwing the most serious of allegations at our men and women in uniform based on the most flimsy of evidence, remember that Canadians from coast to coast to coast are proud of you and stand behind you, and I am proud of you, and I stand beside you."



SEAN KILPATRICK/THE CANADIAN PRESS

Prime Minister Stephen Harper speaks to soldiers as he visits the frigate HMCS Quebec as it patrols of the coast of Port of Spain following the Commonwealth Heads of Government Meeting (CHOGM) in Trinidad and Tobago.

The statement came in response to questions about Canada's prisoner-exchange practices in Afghanistan and committee testimony from intelligence specialist Richard Colvin. THE CANADIAN PRESS

In the middle

Canadians between Europeans and Americans on climate change: Poll

A survey conducted by Harris-Decima on behalf of the Munk Debates suggests Canadians don't feel as strongly about the environment as Europeans, but sentiment is stronger here than in the United States.

The poll is part of a larger study on climate change that gathered data from Canada, the United States, and Europe's five largest countries: Britain, France, Italy, Spain and Germany.

It suggests that Europeans feel most strongly about signing a new global pact to control greenhouse gases.

The findings come ahead of a pivotal United Nations conference in Copenhagen, where countries had hoped to hammer out a new climate-change deal to replace the expiring Kyoto Protocol

Three quarters of Europeans surveyed agreed that reaching a deal should be the top, or one of the top, priorities at next month's Copenhagen summit.

Sixty-two per cent of Canadian and 53 per cent of American respondents felt the same way.

THE CANADIAN PRESS

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SCANLIFE

Stephen Harper was among the world leaders to give the Ugandan president an earful about a proposed law targeting gays. Scan this barcode for the story.

Companies enact cell rules

COMMUNICATIONS Tough rules are being adopted by a growing number of companies dissatisfied with provincial laws that still allow drivers to use hands-free cellphones.

Employees driving a company vehicle from Steels Industrial Products, for example, can be fired if they are caught using any kind of cellphone or texting device — period.

Steels president Jim Sidwell laid down the law to his 180 workers in British Columbia and Alberta a few weeks ago.

"There is enough evidence out there that ties driving safety directly to the use of cellphones," Sidwell said from Vancouver.

"There was no other answer than to move forward with this policy. It was just the right thing to do."

Studies show that drivers who talk on cellphones are six times more likely to be involved in dangerous collisions. And they are 23 times more likely to have a crash if they're texting and driving, according to the Insurance Bureau of Canada. People who chat on cellphones or text are 10 times more likely to run a stop sign. Similar policies to those at Sidwell are in force at large companies such as Finning Canada, Husky Energy, Halliburton, and smaller firms.

"There was no other answer than to move forward with this policy. It was just the right thing to do."
Jim Sidwell, president, Steels Industrial Products

THE CANADIAN PRESS







Commonwealth admits Rwanda
Rwanda has been admitted into the Commonwealth of Nations, becoming the 54th member of the organization of mostly former British colonies. Rwanda has no colonial ties to Britain, unlike several of its neighbours that are already part of the Commonwealth. Members are eligible for assistance programs and cultural exchanges. THE ASSOCIATED PRESS

World



Bangladesh ferry crash claims 58

Rescuers recovered three more bodies from a ferry that capsized as passengers disembarked at a terminal in southern Bangladesh, bringing the death toll to 58 with scores still missing, authorities said yesterday. The triple-deck ferry, MV Coco, was travelling late Friday from Dhaka to the coastal town of Bhola and was crowded with people heading home to celebrate the Eid al-Adha festival. THE ASSOCIATED PRESS

Gunman kills four U.S. police officers

WASHINGTON A gunman burst into a Tacoma, Wash., coffeehouse yesterday and opened fire on four police officers as they sat working on their laptops, killing the three men and one woman in what an official described as a targeted ambush.

Pierce County Sheriff's spokesperson Ed Troyer said officers were looking for one male suspect who fled on foot, but haven't ruled out an accomplice. It wasn't clear whether the officers even had time to draw their weapons to return fire, Troyer said.

"This was more of an execution. Walk in with the specific mindset to shoot police officers," Troyer said.

Troyer said the officers — all from the Lakewood Police Department — were catching up on paperwork at the beginning of their shifts when they were attacked at 8:15 a.m. yesterday. He said the attack was clearly targeted at the officers, not a robbery gone bad.

With no known suspects, there was no indication of any connection with the Halloween night shooting of a Seattle police officer. The suspect in that shooting remains hospitalized.

"We won't know if it's a copycat effect or what it was until we get the case solved," Troyer said. "We don't even have a suspect ID right now.

THE ASSOCIATED PRESS

News in brief

BRAZIL Authorities say six heavily armed men dressed as police officers entered a Rio de Janeiro precinct and freed 28 suspects in broad daylight. The official Agencia Brasil news service says the gunmen talked their way into the station by saying they were delivering another suspect. They then overpowered the two officers guarding nearly 150 suspects at the station on Rio's north side. THE ASSOCIATED PRESS

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Russia mourns train crash victims

Russians mourned at religious services and soccer stadiums yesterday after a deadly train wreck that authorities blamed on a terrorist bomb. The leader of the Russian Orthodox Church urged the nation not to give in to fear.

Relatives identified loved ones killed in the wreck of the express train. If confirmed as caused by a bombing, the wreck would be Russia's deadliest terrorist attack outside the violence-plagued North Caucasus provinces in five years.

Television networks took entertainment programs off the air and moments of silence were observed before matches on the final yesterday of the Russian football league.

The rear three cars of the Nevsky Express derailed on a remote stretch of track late Friday as it sped from Moscow to St. Petersburg.

Emergency Situations Minister Sergei Shoigu said at least 25 people were killed and 26 were unaccounted for.

THE ASSOCIATED PRESS

Past terrorist attacks

- Russia has been hit by a number of major terrorist attacks since the 1991 Soviet collapse, most linked to the 1990s wars between government forces and separatist rebels in Chechnya and the violence the conflicts have spawned across the surrounding North Caucasus.

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EDITOR: MIKE.DEREZYCKY@METRONEWS.CA
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Comment

Engaging in homeless fight

UrbanScrawl



There has been a lot of talk recently about Homelessness in Nova Scotia. We've made progress, with new shelter services available in Bridgewater (Inn Out of the Cold) and Annapolis Valley (Open Arms Ministry) to help get those without permanent homes out of the cold this winter.

We are making inroads by helping make some health care services increasingly accessible, with the North End Community Health Centre launching their mobile vehicle. But we still have a long way to go.

Last year there were nearly 1,200 homeless individuals in HRM.

It may feel like the solution is out of the hands of the average Nova Scotian, but is it? What can we do to help these individuals get on their feet and become an engaged member of our community?

BECOME EDUCATED: When you think of homeless individuals, most people think of those they see living on the streets.

But there are also those who are "at-risk." These individuals usually live in substandard, or unsafe housing and are spending a large portion of their income on being able to keep this housing. There are individuals who have lost their homes and may have taken up couch surfing or doubling up with friends and family. As well as those that live in shelters.

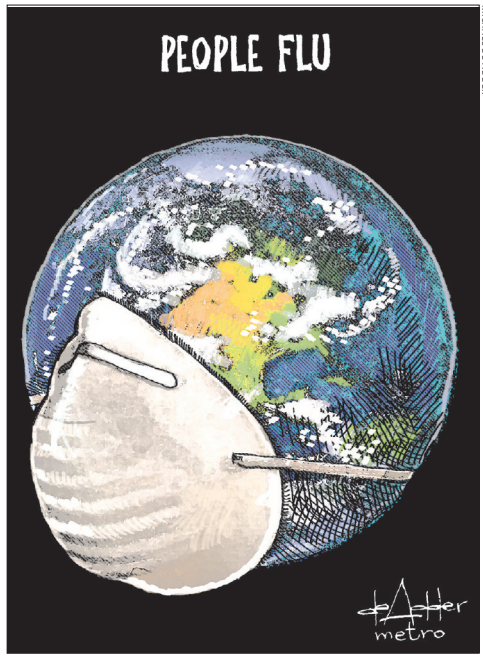
BE UNDERSTANDING: Respect them — they are human beings too. Make eye contact, engage them in conversation and respond with kindness.

GIVE BACK: Donations don't have to take the form of money; they can be gift certificates to grocery stores and restaurants, food, recyclables and clothing.

VOLUNTEER: Shelters, soup kitchens and various groups within the city providing services to homeless individuals are always looking for extra hands. Lend your talents, tutor children, sit with someone learning how to read, provide job skills training, or simply engage in conversation with individuals using these services.

ADVOCATE: Bring your concerns to the attention of your local, provincial and federal government officials, ask your community for help, employee the homeless, and stand up for the civil rights of all Nova Scotians.

Christina Biluk is member of FUSION Halifax. Visit FUSIONHalifax.ca. To find out how you can get involved to help make Halifax a better place to live, work and play.



MICHAEL DE ADDER

Views

Anne solves all your holiday gift-giving dilemmas

HineSight



Today, Part Two of "Prepping for the Holidays:" Answers to all your gift-giving questions.

Q **Dear Anne: I'm having trouble finding a gift for my boyfriend. Any suggestions?**

A When shopping for a good gift for a man, it's important to keep in mind one thing: There are no good gifts for men. Women are easy. Just look at what we buy ourselves and then buy us more of it. Unfortunately, no one needs a dozen tire air gauges or 16 interchangeable-head screwdrivers. But, there is a solution. Break up with him on December 20. I didn't say it was a good solution.

Q **Dear Anne: I'm finding the idea of giving gifts outdated. Do we really need more stuff? Is it OK to tell my relatives that I'm not giving gifts this year?**

A Absolutely. Taking a stand for "love not loot" says you, honour the true spirit of Christmas. So, if this feels right, do it.

Unless, of course, you're related to me. Then you need to buy stuff.

Q **Dear Anne: I like to make my own gifts, but I'm sensing that my friends have lost their enthusiasm for tea cosies fashioned from old socks and twist-tie jewelry. What can I make that they might find more useful?**

A Here are two gifts someone really should make: The "Lie To Me" meter. This handy meter is designed to detect fibs at 50 paces, letting off a siren that tells the perpetrator, "You're busted, baby." Perfect for households with teenagers or when discussing deadlines with your home renovations contractor. Warning: To avoid overloading circuits, device must be turned off during political campaigns and first dates.



The calorie alarm. This bracelet can be set to track any daily calorie count, sounding a helpful buzzer when you reach your limit. Choose from 800 calories a day: Or, "Blacking out isn't so bad if you're wearing skinny jeans," up to 800,000 calories: "If God had wanted us to be thin, he wouldn't have given us cheese."

Made of durable plastic able to withstand being thrown against the wall of Burger Shack. Also available in "edible" for those who set their sites too high and need a quick snack.

Q **Dear Anne: What's the most important thing to remember when choosing a gift?**

A Keep in mind, "Who should I be trying to please?" Yourself. You have no idea what someone else thinks.

Buy what you love for who you love and you're guaranteed happiness. Even if it's just your own.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

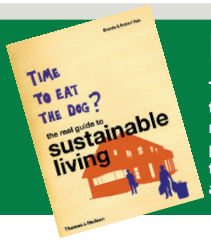
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Green label database
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Going Green



Eat the dog?

Time to eat the Dog: The real guide to sustainable living takes a look at the environmental impacts owning pets has on our planet. Authors Robert and Brenda Vale take a look at how our lifestyle choices are affecting the planet. METRO WORLD NEWS

EDITOR: BEN.RYCROFT@METRONEWS.CA

Preparing for Copenhagen

Glaciologists to present findings at climate change conference

Suddenly and without warning, the gigantic river of ice sped up, causing it to spit icebergs ever faster into the ocean off southeastern Greenland.

The Helheim Glacier nearly doubled its speed in just a few years, flowing through a rift in the barren coastal mountains at a stunning 30 metres per day.

Alarm bells rang as the pattern was repeated by glaciers across Greenland: Was the island's vast ice sheet, a frozen water reservoir that could raise the sea level six metres if disgorged, in danger of collapse?

Half a decade later, there's a little bit of good news — and a lot of uncertainty.


KARL RITTER/THE ASSOCIATED PRESS

Glaciologists are rushing to gather data on Greenland's suddenly quick thaw as the world prepares to meet in Copenhagen to hammer out a new global climate pact.

"It does seem that the very rapid speeds were only sustained for a short period of time, although none of these glaciers have returned to the 'normal; flow speeds yet," says Gordon Hamilton, a glaciologist from the University of Maine.

The issue has gained urgency as scientists rush to supply their latest findings in time for negotiations on a new global climate pact, set for December in Copenhagen.

The U.N.'s top climate official, Yvo de Boer, has warned that the ongoing negotiations on fighting climate change are moving so slowly that it will be impossible to reach a comprehensive deal come December.

He said the Copenhagen meeting should aim instead to agree on "key cornerstones" of emissions cuts and how to finance them. THE ASSOCIATED PRESS

U.S., China pressed on gas emission targets

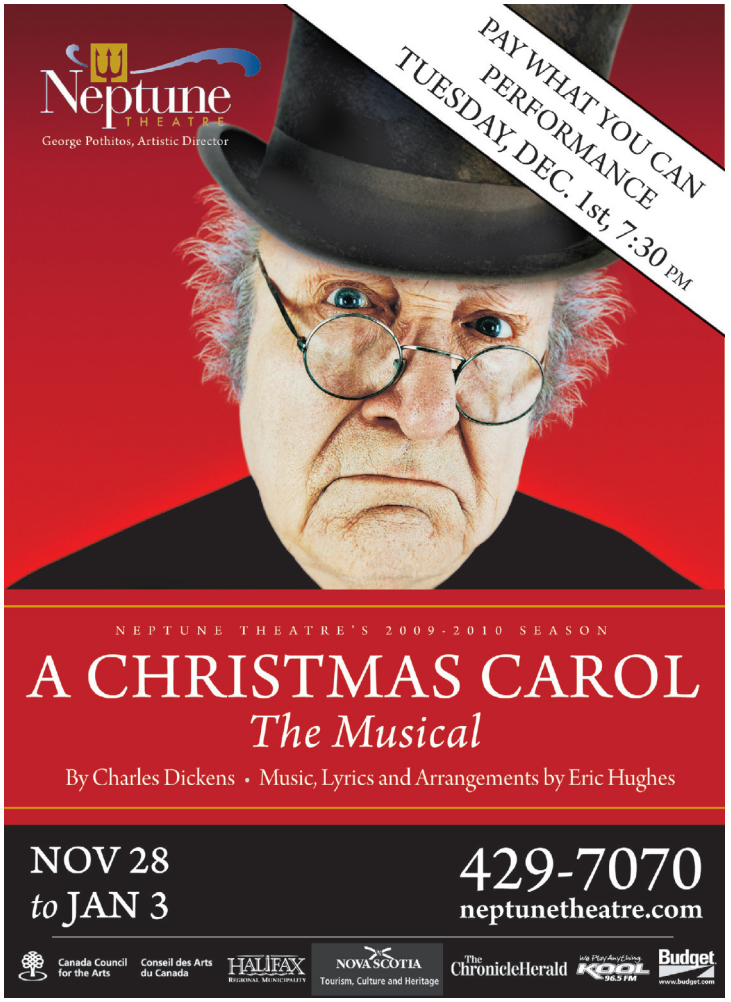
CLIMATE European Commission President Jose Manuel Barroso is urging China and other countries to make more ambitious commitments on curbing heat-trapping greenhouse gas emissions.

Barroso welcomed fresh emission pledges by China and plans by both Chinese Premier Wen Jiabao and U.S. President Barack Obama to attend next month's U.N. conference on climate change in Copenhagen.

"We have to see at the end if all these commitments together lead us to the minimum necessary that according to science we have to do. So far, we are not yet there."
Jose Manuel Barroso

"Everyone is committing," Barroso said. "We have to see at the end if all these commitments together lead us to the minimum necessary that according to science we have to do. So far, we are not yet there," he said.

Scientists believe a two-degree Celsius increase in global temperatures would lead to destructively rising seas. China promised Thursday to nearly halve the ratio of pollution to GDP. THE ASSOCIATED PRESS





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NO FEAR, NO SHAME



When something is affecting your physical health, it's only logical to seek medical help. Once the issue is addressed, life can often go back to normal without lasting repercussions. But what happens when something is affecting your mental health? It's hard enough to admit that mental illness is something that one in five Ontarians will face in his or her lifetime, but dealing with the attitudes surrounding it is often a greater challenge.

"Mental illness may be the diagnosed health problem," explains Lorne Zon, CEO, Canadian Mental Health Association (CMHA), Ontario, "but the major impact on the person is often a result of stigma and discrimination: the way that you and I think and act when we learn about someone we know that has a mental illness. It is unimaginable that we would turn our backs in this way from our family, friends and neighbours who were suffering from heart disease. But for the most part, mental illness is invisible to us if we choose to ignore the signs."

A 2008 Canadian Medical Association (CMA) survey found that almost half of Canadians polled think that the term "mental illness" is used as an excuse for poor behaviour and personal failings, one in ten think that people with mental illness could "just snap out of it if they wanted," and half of the survey respondents would not tell friends or co-workers that a family member was suffering from mental illness.

As well, it's far too common to think that mental illness is a personal weakness; people struggling with mental illness are, as the name indicates, struggling with an illness. And mental illness is not just a single, rare disorder. Anxiety, depression, schizophrenia, and eating disorders are just a few of the many diagnoses affecting thousands of Canadians.

People may delay seeking help for family members or spouses because of fears and shame. Treatment of young people is often overlooked because many feel it is simply a phase they are going through. But addressing a sudden change in behaviour, for example, or really listening without judging, challenging, or becoming angry is an important first step in helping a loved one. There is no shame in guiding someone towards a mental health professional – it's just like going to the doctor when you have the flu.

The sooner we can work towards dispelling the myths, the sooner we can help erase the stigma. The CMHA, Ontario, has a large online support centre that includes discussion groups, links to articles and resources, and free printable pamphlets (in multiple languages) that can help you deal with some of the misinformation surrounding mental illness. For more information on CMHA, Ontario's programs and services, visit ***www.ontario.cmha.ca.***

– By Lori Dance

10 tips to help you take control of the holidays

1. Plan your shopping trips and activities in advance so you can enjoy your time off.
2. Set an appropriate budget before you go shopping and stick to it.
3. Learn to say no. Spend your time on the people and activities most dear to you.
4. Listen to your body. Exercising will reduce stress, and so will a good night's sleep.
5. Practice moderation. Mix a healthy snack or non-alcoholic beverage in here and there.
6. Get enough sunlight, or look into natural remedies like vitamin D and melatonin.
7. Take a breather. 15 minutes alone can be bliss at times.
8. Be realistic. There will be drama, but everyone is stressed right now so be understanding.
9. If you feel lonely or isolated, reach out. If someone else needs help, be there for them.
10. If you're overwhelmed and the feelings won't go away, it's time to talk to your doctor or a mental health professional.

PROMOTING MENTAL HEALTH IN THE WORKPLACE



Mental health, like physical health, is something that all people have; whether good or bad, it's always with us in some form or another. And when demands are placed on our health (even at work) that exceed our ability to deal with them, we may become ill. It's simply a fact of life.

Indeed, just as physical illness (like the flu) can contribute to workplace absenteeism, employers are faced with lost time and productivity as a result of mental illness as well. In fact, nearly 14% of Canadian companies' net annual profits are lost as a result of mental illnesses in the workplace, and recent calculations suggest that mental health and addiction issues cost the Canadian economy upwards of $51 billion annually.

"We know that one in every five Ontarians will be affected by a mental illness every year," explains Lorne Zon, CEO, Canadian Mental Health Association (CMHA), Ontario. "Many will never speak to their family, friends, employers, or even their doctor about their illness."

Unfortunately, it is often much easier to call in sick than it is to call in depressed. Sometimes you're going through something at home. Maybe you don't feel as though you're being recognized for the hard work you've done – or that you're not being supported by your boss and/or co-workers. It happens from time to time – but if it's affecting your life on a long-term basis, it may pose a risk to your mental health.

But what safeguards are in place in the workplace itself between the onset of mental illness and, specifically, the loss of job productivity? How does one deal with mental health issues in a work environment, and how can its effect be minimized effectively?

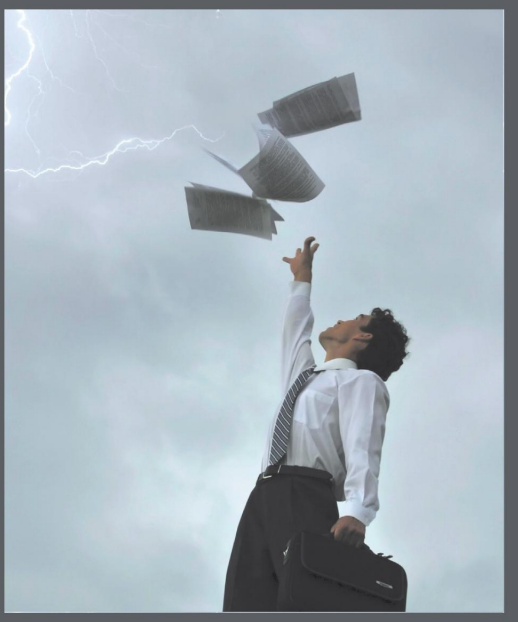
For one thing, it's important to recognize the signs that an employee or co-worker may be experiencing challenges to their mental well being. A sudden drop in productivity, changes to their personality or attitude, or a sudden increase in absenteeism can be an indication that someone in your workplace may need help.

The CMHA, Ontario, offers many excellent resources for those looking to learn more about how to help their employees or co-workers (or even themselves). One program, appropriately called Mental Health Works, provides online support with workshops, articles, links, and answers to questions you may not know how to ask.

By addressing the risk factors of mental illness where we work, we can together promote well-being in a safe, happy, and productive environment – the kind of workplace everyone can enjoy. For more information (and to take a free online wellness survey), visit ***mentalhealthworks.ca.***

– By Lori Dance

weathering the economic storm



In every work environment, there are people who worry about the security of their jobs and their financial future. But with the recession continuing weigh heavily on the minds of the Canadian workforce, more and more employees are losing hope that they will emerge unscathed. And not only is this affecting their productivity, but it is also causing stress to their mental well being.

While the worst may well be behind us, economic recovery is likely to be slow. And it could take even longer for Canadian workers to recover from the mental and emotional repercussions of the recent economic downturn. Looking at the attitudes of employers and employees gives some insight into how that might impact the workplace in the months and years to come.

A 2009 Desjardins Financial Security survey has shown some staggering disparities between how the recession is viewed by employers and employees. Close to a quarter of employees polled said that their environments have become more negative, while 73% of employers said that theirs have become more positive. 43% of employees are worried about losing their jobs and many believe that employers are using the recession as an excuse to cut staff – and ironically enough, 70% of employers are maintaining or increasing their workforces.

There is, however, one point on which both groups found common ground: their health. One quarter of employees and 37% of employers agreed that the recession has negatively affected employees' physical health, with 35% of employees and 63% of employers claiming a toll on mental health as well. An increase in stress levels was found to be another challenge to employees' health, as 35% said they are experiencing higher stress this year than they did a year ago.

"What's evident in these results is that a clear and open dialogue is urgently needed between employers and their staff, but not just during difficult times," said Dr. Taylor Alexander, CEO of the Canadian Mental Health Association (CMHA), National Office. "Of course, we believe that both groups are responsible for managing their own mental and physical health. But employers must also help create a mentally healthy workplace for their staff. Leadership on this issue starts at the top."

So why is promoting a mentally healthy workplace such an important and mutually beneficial concept? "By investing in their workers, companies are investing in themselves," explains Michele Nowski, Director, Disability Claims and Disability Management with Desjardins Financial Security, who notes that mental health claims are the fastest growing category for days lost to disability in Canada. "A mentally healthy workplace typically has fewer disability claims, lower absenteeism and better productivity. It really becomes a partnership between employees and employers because employees also have a responsibility to manage their health and stress levels."

For more information on the survey results and to access free wellness toolkits that can help you manage stress levels at home and in the workplace, visit ***www.healthiscool.ca.***

– By Lori Dance

61%

OF CANADIANS ARE STRESSED OUT ABOUT MONEY!*



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Black Friday sales up slightly from last year

American shoppers spent only slightly more in stores this Black Friday than they did last year, according to data released by a U.S. research firm. Preliminary sales data from ShopperTrak RCT Corp. show shoppers spent $10.66 billion when they hit the malls on the day after Thanksgiving — only 0.5 per cent more than last year. THE ASSOCIATED PRESS

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Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Public Works, private sector can't be compared: Report

The cost-effectiveness of Public Works projects can't be directly compared with the private sector partly because construction firms jack up their prices when dealing with the federal government, says a new report.

"Private sector companies, who build our projects, are intimidated by our processes and controls and account for their perceived extra efforts in dealing with these through increased construction and management fees," says an internal document.

"They also understand that during design and construction phases we will not go bankrupt and that while payments may be slow, they are essentially guaranteed, regardless of cost overruns to the initial budget."

The disclaimer is made in a Public Works annual report card that gauges how effectively the department has managed its $7.6-billion portfolio of properties across country, mostly office space. Since a 2007 restructuring, Public Works has tried to emulate private-sector real-estate practices to give taxpayers more value for their money.

But senior officials point to a host of factors they say makes direct comparisons with private business unfair and misleading.

Officials drew up a list of at least 26 reasons why they can't be strictly held to private-sector standards, including the requirement to adhere to federal green policies. "Such an extensive list can reasonably be expected to have a negative cost impact when comparing the cost of public and private sector projects," says the April 2009 document. THE CANADIAN PRESS

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TSX welcomes new oilsands player

ENERGY The Toronto stock market will see the debut this week of a brand new oilsands player.

Shareholders in EnCana Corp. gave unanimous support last week to the plan to divide the Calgary-based energy giant into two distinct companies.

EnCana and its oil-centred spinoff Cenovus Energy Inc. will start operating independent of one another tomorrow.

THE CANADIAN PRESS

Business in brief

STRIKE Liberal Leader Michael Ignatieff is calling on the federal government to get negotiations between CN and its striking locomotive engineers back on track.

THE CANADIAN PRESS





Lion roars
Brendan Taylor had a huge three-goal, three-assist outing as the Halifax Lions pounded the Campbellton Tigers 10-2 in Maritime Junior A Hockey League action at the Forum yesterday. Kyle Dilosa added a goal and three assists for the Lions, 8-10-2. METRO HALIFAX

Sports



Delmas can't stop Sea Dogs

Bedford goalie Peter Delmas, left, couldn't cool down the QMJHL's hottest team yesterday, allowing five goals on 44 shots for the Quebec Remparts in a 6-4 loss to the Saint John Sea Dogs. Halifax's Steven Anthony scored for the Sea Dogs, who have won 17 straight. METRO HALIFAX

EDITOR: DON.MCHOULL@METRONEWS.CA



RYAN TAPLIN/METRO HALIFAX

Halifax Mooseheads forward Travis Randell tries to tip a shot past Bathurst Titan goalie Nicholas Champion during yesterday's QMJHL game at the Metro Centre. The Titan doubled the Mooseheads 4-2.

Herd drop two in a row

Weekend sees four-game home winning streak end

MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Mooseheads have slipped back to their losing ways.

The Mooseheads endured a tough weekend at the Metro Centre, dropping 4-2 decisions to the Bathurst Titan yesterday and the Quebec Remparts on Saturday as their latest losing streak in a difficult season stretched to five games.

Riding a four-game home winning streak entering the weekend, the Herd couldn't keep the fire burning. After a valiant effort against one of the QMJHL's best teams on Saturday, the Mooseheads were underwhelming against the lesser Titan.

"We weren't really expecting (another losing streak) but I guess we've fallen short," said Mooseheads forward Gerrad Grant, who had two assists yesterday. "We've come close … It does suck, but we have to take some positives out of it."

> **"… when we're playing teams we can catch in the standings, we bring our game down a level."**
> Travis Randell

Power-play tallies from Travis Randell and Pascal Amyot had the Mooseheads down by just a goal heading into the third period for the second straight night. But a costly bench minor for too many men on the ice resulted in Remi Blanchard's insurance goal on a shot from the faceoff circle at 9:04.

"It was a backbreaker to take a bench minor that late in the game, especially already down by one," Randell said.

It's the third-longest losing streak of the season, as the last-place Mooseheads also endured a franchise-record 12-game run and a season-opening seven-game stretch.

Grant said they "came out flat," a letdown against Bathurst, which is only four spots ahead in the standings. The Herd slipped to 5-22-2, five points in the QMJHL basement.

"It always seems we put in a great effort against top teams but when we're playing teams we can catch in the standings, we bring our game down a level," Randell said.

Mathieu Corbeil started both games in the Mooseheads' goal, and was solid in stopping 59 of 67 shots. Carl Gelinas and Jessyko Bernard were the marksmen on Saturday.

The Mooseheads host the Gatineau Olympiques on Thursday.

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Gaels are golden again after staging comeback

The Queen's Gaels made a habit out of winning high-scoring nail-biters throughout the playoffs — but they saved their wildest performance for the Vanier Cup.

Facing an 18-point halftime deficit, the Gaels (11-1) stormed out of the locker-room in the third quarter of Saturday's national championship, racking up 26 straight points against the Calgary Dinos (10-2) for their first title since 1992.

Quarterback Danny Brannagan, the game's MVP, led the largest second-half comeback in Vanier Cup history as the Gaels rallied to stun the Dinos 33-31 before a sellout crowd of 18,628 in Laval, Que., for their first title since 1992.

"We were down but we knew that we had the plays and the systems that were going to work — we just had to take a deep breath," said Brannagan, a Burlington, Ont. native who passed for 286 yards and three touchdowns as Queen's turned a 25-7 halftime deficit into a 33-25 fourth-quarter lead.

"We had to just go out there and execute."

Queen's featured four Nova Scotians: Bedford's Blaise Morrison. Windsor's Ian Armour, Wellington's Dylan LaBrech and Port Hawkesbury's Kyle MacDonald.

The Dinos were unable to build off the momentum of defeating the Saint Mary's Huskies in the Uteck Bowl in Halifax a week earlier.

Erik Glavic — a former Saint Mary's star who won the second Hec Crighton of his career last week — finished 23-of-35 for 354 yards, with two interceptions and a touchdown.

Dinos head coach Blake Nill, also a Saint Mary's alumnus, could only look on as Brannagan picked apart his secondary.

"The kid's a good kid — you can only keep him bottled up for so long," Nill said.

"He made some long passes, I thought it ate the time of possession — we just had a hard time."

THE CANADIAN PRESS
WITH FILES FROM METRO HALIFAX

Coach of the year

Steve Sumarah got the better of Blake Nill this time.

The Saint Mary's Huskies head coach won the Frank Tindall trophy as Canadian Interuniversity Sport football coach of the year at an awards banquet on Friday, edging out Nill of the Calgary Dinos, Glen Constantin of the Laval Rouge et Or and Gary Jeffries of the Wilfrid Laurier Golden Hawks.



Steve Sumarah

Sumarah, in his fourth year at the Saint Mary's helm since taking over from Nill in 2006, becomes the third Huskies head coach to win the award, joining Nill and Larry Uteck.

The Huskies lost to Nill's Dinos in the Uteck Bowl two weeks ago.

Sumarah guided the Huskies to a 7-1 record and their third straight Atlantic University Sport championship. They led the AUS in points scored (266) and allowed (119).

It is Sumarah's 12th year on the Saint Mary's coaching staff, a stint that saw him win two Vanier Cups.

Sports in brief

AUS HOCKEY The Saint Mary's Huskies beat the Dalhousie Tigers 6-5 in overtime in Atlantic University Sport men's hockey play at the Forum on Saturday. The third-place Huskies are 8-3-2 behind the New Brunswick Varsity Reds (13-0) and Acadia Axemen (11-3). Dal, 3-8-3, is seventh.

AUS BASKETBALL The Dalhousie Tigers lost a pair of key road games in Atlantic University Sport men's basketball action on the weekend, falling 85-72 to the St. Francis Xavier X-Men and 84-62 to the Cape Breton Capers. The defending champs head into the holiday break with a 3-3 record.

AUS BASKETBALL The Dalhousie Tigers women's basketball team is heading into the holiday break with 1-7 record, seventh among eight teams in Atlantic University Sport. The Tigers lost 64-56 to the St. Francis Xavier X-Women and 86-62 to the Cape Breton Capers on a weekend road trip. METRO HALIFAX

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JEFF MCINTOSH/THE CANADIAN PRESS

Montreal Alouettes kicker Damon Duval kicks the game-winning field goal during fourth quarter Grey Cup action last night in Calgary. Montreal beat Saskatchewan 28-27.

Alouettes win thriller

GREY CUP
Riders 27 Alouettes 28

Given a second chance Damon Duval made no mistake and kicked the Montreal Alouettes to a Grey Cup championship.

Duval connected on a 33-yard field goal on the final play of the game to give the Alouettes a 28-27 comeback victory over the Saskatchewan Roughriders in a thrilling CFL championship game yesterday.

The Alouettes, outplayed for much of the game, erased a 16-point deficit in the final 10 minutes with touchdowns by Avon Cobourne and Ben Cahoon, plus Duval's boot with no time remaining.

It was his second attempt at it.

He missed his first try but a Saskatchewan penalty for too many men on the field gave Duval another opportunity.

"The man upstairs gave me a second opportunity," said Duval. "I got the ball through and what can I say, it was all these guys here just fighting back play after play.

"As soon as I saw the flag I didn't care (about the miss), I had to focus on making a kick."

The victory ended a run of Grey Cup woes for the Alouettes and quarterback Anthony Calvillo, who won only a second Grey Cup in seven championship games since 2000. They also ended a four-game losing streak in the Grey Cup with their sixth title overall.

"We came back, and the guys fought and what a joyful event," Calvillo told TSN.

THE CANADIAN PRESS

Colts move to one win shy of record

NFL The Indianapolis Colts have perfected the art of the comeback in their undefeated march toward the playoffs.

Peyton Manning threw for three touchdowns and the Colts rallied from a 13-point halftime deficit yesterday for a 35-27 win, their 20th straight regular-season victory.

Indianapolis (11-0) is one win shy of the New England Patriots' NFL-record 21-game run from 2006-08.

The Colts can tie the record if they beat Tennessee at home next weekend.

THE ASSOCIATED PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Phoenix 3 Anaheim 2 (OT)
San Jose at Vancouver

NBA

YESTERDAY'S RESULTS

Phoenix 113 Toronto 94
Boston 92 Miami 85
Detroit 94 Atlanta 88
Houston 100 Oklahoma City 91
L.A. Clippers 98 Memphis 88
Orlando 114 New York 102
San Antonio 97 Philadelphia 89
Minnesota at Denver
New Orleans at Sacramento
New Jersey at L.A. Lakers

NFL

YESTERDAY'S RESULTS

Atlanta 20 Tampa Bay 17
Buffalo 31 Miami 14
Cincinnati 16 Cleveland 7
Indianapolis 35 Houston 27
Minnesota 36 Chicago 10
N.Y. Jets 17 Carolina 6
Philadelphia 27 Washington 24
San Diego 43 Kansas City 14
San Francisco 20 Jacksonville 3
Seattle 27 St. Louis 17
Tennessee 20 Arizona 17
Pittsburgh at Baltimore

Student killed in shooting at Hungarian university
A student opened fire at a university in the Hungarian city of Pecs yesterday, killing one student and wounding three other people. According to media reports, the shooting occurred in Pecs University's biophysics research institute. METRO NEWS SERVICES

Workology



Credit cards for tuition

David Murray, a third-year business student at the University of Alberta, will soon launch Pay4u, a third-party website to let uAlberta students use credit cards to pay for tuition. The university discontinued the credit card option for tuition payments in the summer of 2008.
METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

All hail this Master of wine

Barbara Philip only waitressed while waiting for her acting career to take off.

"You're always in a sense of denial, that this isn't my real job. That one day I'll get my big break," says Philip, 43.

The Vancouverite's big break did come, but it had nothing to do with theatre.

About 15 years ago, she, her husband and a friend started getting into wine; pairing wines at dinner parties, reading about it and taking trips to wine regions.

One day, a chef friend called, saying his restaurant's sommelier — wine expert — had just quit, and offered her the job.

She ended her contract with her acting agent and dug into wine.

While she worked at the restaurant designing the wine list, ordering wine and helping customers pick their vintage for the night, she began taking courses.

As she furthered her wine knowledge, she heard about something cool: Master of wine certification. The designation was held by less than 200 people in the world at the time.

"If I'm going to be in the wine business, I want to go all the way with it," Philip said to herself.



Barbara Philip is a sommelier, a wine expert who specializes in pairing wines with food.

She kept working in restaurants, and took courses and travelled to taste as many wines as she could, and learn in detail the wine business, making wine and growing grapes.

Meanwhile, because she was a woman in the wine industry — a rarity at the time — she began getting requests to do talks, run tastings, teach classes and judge events.

By the time she wrote her thesis and sat her master of wine exams in 2005 and 2006, her freelance work was so busy, she quit her restaurant job.

Her husband Iain, who used to work for BC Hydro, also works in wine full time now; they run Barbariain Consulting together and he's the senior wine instructor at Vancouver's Art Institute.

Philip now travels a great deal, flying around the world to tastings and competitions.

As well, she now works as the European wine buyer for the British Columbia Liquor Distribution Branch (BCLDB) — which means more travel. She's constantly tasting wine.

She follows a template to evaluate a wine based on its sight, smell and taste.

"It's very systematic. Drawing a conclusion about a wine is more about brainwork than taste bud work."

And while she'll have a glass at home in the evening, and at dinner parties, most of the time at work, she spits it out. "When you're reviewing, judging or buying, you have to have your mind about you."

OddJobs



Diane Peters
Metronews.ca/oddjobs

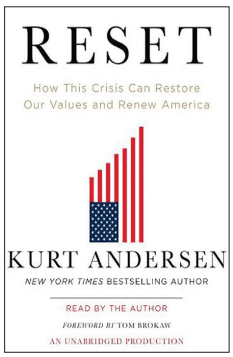
Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

Easy times are over for Americans, says author

BookReview

Reset — How this Crisis Can Restore Our Values and Renew America

Author: Kurt Andersen
Publisher: Random House
Price: $17.50



Everyone seems to know the fable of the grasshopper and the ant. The tale goes that the grasshopper enjoys the spoils and good times of the summer while the ants work hard to build up their stockpile. The winter comes along and the grass hopper is in a poor situation to survive.

According to author, Kurt Andersen, American's have been behaving like the grasshopper, recklessness that ultimately lead to the global financial collapse. Using historical examples, Andersen describes how the discovery of gold in Northern California in 1948 was a point in time where any average American could make a fast fortune … and ultimately achieve the American Dream.

The 1948 gold rush seemingly shaped a new type of American, one "repeatedly wont to abandon prudence and the tedium of saving and building in favour of the fantastic idea that anybody, given enough pluck and luck or liberty, can make a fortune overnight" said Andersen.

Andersen paints a very hopeful picture of the economic landscape … one where America can truly mature, reset and become a different but better country. The age of the Homer Simpson caricature of the "quintessential American — Childish, irresponsible, willfully oblivious, fat and happy" is at an end. A fast and interesting read.

CRAIG LUND/
FOR METRO CANADA

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

Discount
CAR AND TRUCK RENTALS

ACCOUNT EXECUTIVE

Discount Car and Truck Rentals is currently searching for an Account Executive to represent their locations in Metro Halifax by servicing existing corporate accounts as well as searching for new business.

Duties
- Service existing corporate accounts (20% of time)
- Searching for new corporate accounts (80% of time) by prospecting through the internet, yellow pages, business directories as well as driving around the areas that stores are located in
- Following up on leads supplied by the store managers, customer service representatives and agency operators
- Assisting the store managers and customer service representatives in the early morning and late afternoon with any customer needs.

Qualifications
The ideal candidate should work well on their own and should also be open to making cold calls which is a major part of this position. Being extremely organized with great customer service and follow up will lead to great rewards in this position.

This position is available immediately and includes a salary plus commission, a company vehicle and company benefits. If you are interested in this position you can send your resume by email to **mporter@carrental.ca**

We do appreciate all applications but only those selected for an interview will be contacted. No phone calls please.

Client Service Coordinator

daniel daniel DENTISTRY

Based in Halifax, Daniel Daniel Dentistry is one of this country's most innovative cosmetic dental practices. Using state-of-the-art techniques and equipment, the professional team at Daniel Daniel Dentistry is committed to providing clients with the highest level of service that dentistry has to offer. They now wish to add another key member to their team in the role of Client Service Coordinator.

As Client Service Coordinator, you will have two broad areas of responsibility. First, you will oversee all client consultation and service – from initial inquiry through to completion of the work and beyond. In this capacity, you will explain the benefits of cosmetic dentistry to prospective clients, identify concerns, explore options, and understand the client's unique needs so that an informed decision can be made.

Second, you will work with the marketing consultant to implement initiatives, as well as manage all marketing, promotional, and communications activities of the practice. This could involve anything from maintaining web site content, to participating at trade shows, to developing promotional materials for the practice.

As the ideal candidate, you have a genuine appreciation for the culture and work style of a professional practice, ideally dentistry. You have a clear understanding of the consultative sales process and conduct all your business in a highly-professional manner. Technically, you possess a range of diverse marketing skills including public relations, web site design, media relations, promotions and communications. With a warm, outgoing, friendly personality, you are totally committed to client service and thrive working collaboratively in a team-based environment.

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Coca Rocha has own clothing line

Coca Rocha is set to launch her own clothing line. The Canadian supermodel declared on her blog she plans to create her own range, and has even posted a picture of herself sketching some of the garments in her New York apartment. FEMALEFIRST.CO.UK

Entertainment



Big Fan

It isn't just screaming tween girls who are going gaga over New Moon star Taylor Lautner — one of the onscreen werewolf's biggest fans is Oscar-winning actor Jamie Foxx. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Box office



New Moon is the top film at the weekend box office.

Estimated ticket sales for Friday through Sunday:

1. **The Twilight Saga: New Moon:** $42.5 million US
2. **The Blind Side:** $40.1 million
3. **2012:** $18 million
4. **Old Dogs:** $16.8 million
5. **A Christmas Carol:** $16 million
6. **Ninja Assassin:** $13.1 million
7. **Planet 51:** $10.2 million
8. **Precious:** $7.1 million
9. **Fantastic Mr. Fox:** $7 million
10. **The Men Who Stare at Goats:** $1.5 million

THE ASSOCIATED PRESS

New Moon's rising stars

No such thing as small roles for Canadian actors in Twilight franchise

The Canadian actors in The Twilight Saga: New Moon are learning there's no such thing as a small role in the mega-popular movie franchise.

As with nearly everything connected to the blockbuster film and book series, fan reaction — even to bit players — has been surprisingly fervid, says the B.C.-born Cameron Bright.

The 16-year-old appears only briefly towards the end of New Moon as the Volturi vampire Alec but says he was swarmed by fans seeking his autograph when he attended the L.A. premiere last week.

"It's crazy, I'm only in it for like a minute and a half or two minutes but I'm world renowned now," says Bright.



Cameron Bright appears only briefly in New Moon as the Volturi vampire Alec but says he was swarmed by fans seeking his autograph when he attended the L.A. premiere last week.

Before the L.A. screening, he says he and U.S. actor Kiowa Gordon, who plays the werewolf Embry, went to greet some of the devotees, many of whom had lined up days in advance for a chance to meet the stars.

"We signed some autographs at the beginning and the middle of the line and it was crazy. It was like the whole road was a ball of people around me and Kiowa," Bright recalls.

Aside from New Moon — the second instalment in the Twilight Saga film series — Bright is perhaps best known for his unnerving performance in the 2004 film Birth, where he played a 10-year-old boy who attempts to seduce a grieving widow, portrayed by Nicole Kidman.

Other Canadians in the film include B.C. actors Bronson Pelletier and Tyson Houseman, who play werewolves Jared and Quil.

Their screen time pales in comparison to stars Robert Pattinson, Taylor Lautner and Kristen Stewart, but even the small roles come with the promise of more limelight later in the series, based on the novels by Stephenie Meyer.

Pelletier acknowledges he has only a few scenes in New Moon but notes they are loaded with meaning for the well-read viewer who is fully aware of each character's literary backstory.

And because New Moon and its followup, Eclipse, were shot in Vancouver back-to-back, Pelletier says he kept in mind his character's broader story arc while filming early scenes.

"Jared in the book, he's the first to (fall in love with) this girl that he sits beside in class, her name is Kim, and they turn us into a romantic thing," says the 22-year-old actor.

"It's not actually in the New Moon movie, but it's good to know that kind of background story on Jared."

Bright jokes that the intense attention paid to even the most minor Twilight characters adds disproportionate weight to his character's one-liners.

"I gotta say them just right," he says laughing.

THE CANADIAN PRESS

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metro

Pulp Fiction co-writer jailed
Roger Avary, who won an Oscar for co-writing Pulp Fiction, has been removed from a work furlough program and locked up in a California jail for alleged tweeting. EW.COM

In brief

TV ABC says Chris Brown will appear on its 20/20 newsmagazine Dec. 11. In what's billed as an in-depth interview, the singer will discuss his assault of ex-girlfriend and recording superstar Rihanna in February. He is on probation for the beating. Robin Roberts, anchor of ABC's Good Morning America, conducts the interview. It was taped last weekend.

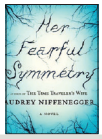
SCHOLARSHIP The Arabian Horse Foundation has established a scholarship in honour of the late actor Patrick Swayze and his wife. Swayze and wife Lisa Neimi owned Arabian horses and competed in shows for several years.
THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt
Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

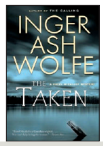
Love, loss and fear in London



Her **Fearful Symmetry**

Author: Audrey Niffenegger
Publisher: Alfred E. Knopf Canada
Price: $34.95 (Hardcover)

In the sophomore effort following her breakout debut The Time Traveller's Wife, Audrey Niffenegger explores bonding, loss and love with a paranormal twist in Her Fearful Symmetry. When Elspeth Noblin dies, she leaves her London home — on the edge of the notable Highgate Cemetery — to her American twin nieces Julie and Valentina. The girls take up residence and discover Elspeth's life and neighbours, including her lover Robert and the obsessive compulsive Martin. The girls' relationship is tested when they happen upon different paths in this unconventional tale.



The **Taken**

Author: Inger Ash Wolfe
Publisher: McClelland & Stewart
Price: $32.99 (Hardcover)

The Taken presents a story as mysterious as its author Inger Ash Wolfe, the pen name of an unknown but established Canadian writer. The novel returns to Port Dundas, Ont.'s acting police chief Hazel Micallef, who was introduced in Wolfe's 2008 book The Calling. During the 62-year-old's painkiller-induced recovery from a recent surgery, Micallef is called back to work after a body is found raveled in local fishermen's lines, a crime that oddly resembles a fictional series in the regional newspaper. Twisted and surprising, the novel takes Micallef through a series of enigmatic clues that begs the question: is she being set up?



The Brightest Star **In The Sky**

Author: Marian Keyes
Publisher: Michael Joseph
Price: $34.00 (Hardcover)

The latest novel by Irish author Marian Keyes follows the residents at 66 Star Street in Dublin. There's Maeve and Matt, newlyweds who mask unhappiness through their kind acts. Above, 80-something-year-old Jessica spends her days with her dog and reclusive son Fionn. Lydia, the tough, savvy cab driver lives atop them with her two Polish roommates. And self-conscious music publicist Katie inhabits the top flat, questioning whether her boyfriend will commit. This character-driven comic drama explores the varied experiences of the Star Street citizens, with frequent appearances by a strange visitor, set on probing their private lives. BRIAN COULTON/ FOR METRO CANADA

BookPicks

Swiss finalizing house arrest details

LEGAL The Swiss Justice Ministry says it will keep Roman Polanski in jail until at least today.

Ministry spokesman Folco Galli said Friday that more time is needed for the conditions of Polanski's house arrest to be fulfilled.

The 76-year-old director was granted $4.5 million bail on Wednesday on condition he remain under house arrest at his chalet in Gstaad and be fitted with an electronic bracelet.

The ministry is still deciding whether to extradite Polanski to the United States for having sex in 1977 with a 13-year-old girl.


Polanski

Authorities in Los Angeles want him sentenced after 31 years as a fugitive.

Polanski was arrested Sept. 26 as he arrived in Zurich to receive an award at a film festival.
THE ASSOCIATED PRESS

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For November 27th
9 Jesse McCartney Ft T-Pain-Body Language
8 Hedley - Don't Talk To Strangers
7 Rihanna Ft Young Jeezy - Hard
6 Owl City - Fireflies
5 Chris Brown Ft Lil Wayne - I Can Transform Ya
4 Lady Gaga - Bad Romance
3 David Guetta Ft Akon - Sexy Chick
2 IYAZ - Replay
1 Ke$ha - Tik Tok
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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/30/09 primetime	31	31	31 ABC	News Center 5	ABC Wld News	Inside Edition	Chronicle	Patriots Show	NFL Football New England Patriots at New Orleans Saints.			
	7	7	7 ASN	The Road to Avonlea		Degrassi: TNG	TMZ (N)	Gossip Girl (HDTV) (N)		Two/Half Men	Big Bang Th	Castle
	11	11	11 CBC	Wheel-Fortune	Jeopardy! (N)	Little Mosque	Little Mosque	Just for Laughs		CBC News: The National		The Hour
	2	2	2 CBC-F	Pyramide (SC)	La force	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)		Ici Louis-José Houde (SC)		Le Téléjournal
	32	32	32 CBS	WBZ News (N)	Evening News	Wheel-Fortune	Jeopardy! (N)	How I Met	Accidentally	Two/Half Men	Big Bang Th	CSI: Miami
	69	69	69 CFTM	TVA nouvelles	Le Cercle (SC)	La Classe de 5e (N) (SC)		Yamaska (HDTV) (N) (SC)		Maxime Landry, Vox Pop (N)		TVA nouvelles
	6	6	6 CIHF	Entertainment	ET Canada	Heroes "Thanksgiving"		House "Wilson" (N)		(10:01) Lie to Me (N)		News Final (N)
	9	9	9 CJCH	etalk	Hollywood	Corner Gas	Shrek the Halls	*Wedding Crashers* ★★★ (2005, Comedy) Owen Wilson.				News
	10	10	10 ELTV	Face to Face	Fishing	Sportsland (Live)		Face to Face	Sportsland		Community Matters	
	36	36	36 FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	House "Wilson" (N)		(10:01) Lie to Me (N)		Fox First
	12	12	12 NBC	News (N)	NBC News	Hollywood	Extra (N)	Heroes "The Fifth Stage"		Trauma "Blue Balloon"		Jay Leno Show
	29	29	29 NW	(6) Power & Politics		Connect Today's biggest stories. (N)				CBC News: The National		Running
	4	4	4 PBS-B	NewsHour With Jim Lehrer		Greater Boston	Viewers' Favorites			Viewers' Favorites		
	35	35	35 PBS-D	NewsHour With Jim Lehrer		Business Rpt.	Worldfocus	Taking Control-Diabetes w- Dr Neal		Barnard	Magic Moments: The Best	
	68	68	68 TQS	Guerre clans	Wipe Out	La Maison de	Rire et délire	CSI: NY (SC)		Le Mentaliste (SC)		Wipe Out
news	23	96	96 BNN	Business News	Headline	Market Call Tonight		MoneyTalk	Market Call	Squeeze Play		Business News
	18	18	18 CNN	Situation Room-Wolf Blitzer		CNN Tonight (N)		Campbell Brown (N)		Larry King Live (N)		Cooper 360
sports	54	54	54 GOLF	Golf Central	Top 10	Ultimate Matches			Top 10	Big Break Disney Golf (HDTV)		Lessons
	52	52	52 RSE	Connected W-Prime Time		PartyPoker.net		Best Damn-Pageant		Hooters Dream Girl		Sportsnet Con.
	55	55	55 SCOR	HSR	Covers Experts	RaceNight				(10:15) WWE Monday Night RAW		
	45	45	45 SPD	Unique Whips		Pass Time	NASCAR Hub	SuperCars	SuperCars	Barrett-Jackson		Auctions
	53	53	53 TSN	Off the Record	SportsCentre	That's Hockey!	Monday Night Countdown		NFL Football New England Patriots at New Orleans Saints.			
family	43	43	43 FAM	Han. Montana	Wizards-Place	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44 TOON	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	26	26	26 TREE	Timmy Time	3rd and Bird	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Babar
	27	27	27 YTV	iCarly	True Jackson	Drake & Josh	That's-Weird	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
cable variety	16	16	16 A&E	Intervention "Coley"		Intervention "Asa"		Intervention "Marci"		Intervention "Linda" (N)		Hoarders
	70	70	70 APTN	APTN National News (N)		Sid le Kid vs. Alex le Grand		Notre Peuple (Part 2 of 2)		*Robe noire* ★★★ (1991, Aventures)		
	50	50	50 BET	106 & Park: BET's Top 10 Live				The Unit		The Unit		The Unit
	37	37	37 BRVO	Wind at My Back		And They Danced		Dreams of Flight		Michaël Bublé		Bravonews
	25	25	25 CMT	Unstable	Unstable	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.
	49	49	49 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Chris Rock: Kill
	153	153	153 COURT	W-FIVE		Struggle for Justice		Max Haines	Dumb Criminal	Missing Link		Justice
	38	38	38 DISC	Canada's Worst Driver		Daily Planet (N)		MythBusters		Dirty Jobs "Toilet Crusher" (N)		Worst Driver
	34	48	48 HGTV	Extreme Makeover: Home		House Hunters	Property Virgin	For Rent	Income Prop.	House Poor (N)	My First Place	House Hunters
	46	46	46 HIST	Air Wars		Air Wars		Patton 360		Battles BC		Generation Kill
	17	17	17 MM	Secret Life of American Teen		Secret Life of American Teen		Secret Life of American Teen		Secret Life of American Teen		My Date With...
	19	19	19 MMM	mmtop10.ca		The Daily Fix		Ranked!		Fabulous Life Of...		Entourage
	201	201	201 M1	*Eagle Eye* ★★ (2008, Action) Shia LaBeouf.				Sanctuary "Folding Man"		Dexter "Lost Boys"		Californication
	48	23	23 OLN	Mantracker		Ghost Hunters International		Dog the Bounty Hunter		Survivorman		Ghost Hunters
	51	51	51 PEACH	The Office	Name Is Earl	Family Guy	Family Guy	Law & Order: SVU		House-Payne	House-Payne	*Pelican Brief*
	206	206	206 PIX	(6:45) *Zoolander* ★★ (2001, Comedy)				(8:25) *Palmer's Bones* ★ (1998)		*Fatal Attraction* ★★★ (1987, Suspense)		
	67	67	67 RDI	RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie
	39	39	39 SHOW	Trailer Park	Trailer Park	The Outer Limits		*His and Her Christmas* (2005, Comedy-Drama)				Bones
	40	40	40 SLICE	Skin Deep	Skin Deep	Rich Bride, Poor Bride		Last 10	Last 10	Instant Beauty Pageant		Plastic-Perfect
	47	47	47 SPACE	Stargate SG-1		Stargate Atlantis (DVS)		Star Trek: Voyager		*Grendel* (2007, Adventure) Chris Bruno.		
	14	14	14 SPIKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Wild World	CSI: Crime Scene Invstgtn.	
	57	98	98 STAR	etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show		The View (HDTV) (N)		Dr. Oz Show
	21	21	21 TLC	Say Yes-Dress	Say Yes-Dress	Little People	Little People	Little People	Little People	Cake Boss (N)	Cake Boss	Cake Boss
	56	34	34 TROP	Carlawood	Carlawood	Raymond	Raymond	The Outer Limits		ET Canada	Comeback	Family Guy
	20	20	20 TV5	Que.-champion	Journal de Fr2	Vie privée, vie publique		Apocalypse		Les Fantômes de My Lai		Musées
	28	28	28 V	Doc		Murder, She Wrote		My Husband	Summer Wine	A Song for Africa		Unscripted (N)
	60	97	97 VIVA	Da Vinci's Inquest		Cold Case		Missing "Deep Cover"		The Closer		Cold Case
	22	22	22 W	House-Sell	Confidential	Old Christine	Friends	Friends	Grocery Bag	Love It or List It "Shanahan"		House
	251	251	251 WGN	WGN Evening News		Two/Half Men	Family Guy	One Tree Hill (HDTV) (N)		Gossip Girl (HDTV) (N)		WGN News

critics' corner

Shrek the Halls
What's not to love about a Christmas special starring a family of green ogres? Shrek (voice of Mike Myers) isn't a Christmas kind of guy, but Fiona (voice of Cameron Diaz) loves the holiday, so he goes along — with a little help from Donkey (voice of Eddie Murphy) and the rest of the fairy-tale gang. 8:30 PM on CJCH



Dreams of Flight
Sven Johansson spent years studying reindeer in the Yukon and surveying the Arctic Polar Shelf, but that's not what this documentary is about. It's about him taking what he learned from nature and his time skippering a vessel through the Northwest Passage and translating that to a new dance style. This technique allows performers to defy gravity and dance in the air. 9 PM on BRVO

Trauma
As a bad batch of heroin hits San Francisco, Glenn (Taylor Kinney) begins to question Nancy's (Anastasia Griffith) judgment during an encounter with a "frequent flier." Marisa (Aimee Garcia) goes on a wild-goose chase following a bizarre theft. Boone (Derek Luke) takes a new step as he contemplates his future. A new romance takes off in the new episode "Blue Balloon." 10 PM on NBC



Mrs. Beckham does a denim relaunch

Victoria Beckham is giving her denim clothing collection a makeover and relaunching it under her own name. The style queen's dVb range of jeans suffered a setback last year when stores pulled the collection from their shelves, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Former flame peeved at Jon Gosselin's Thanksgiving plans

HE TOOK A POWDER Jon Gosselin's ex Hailey Glassman wasn't thrilled at how the reality dad, 32, spent Thanksgiving, usmagazine.com reports. Goselin was supposed to spend the day with Hailey and her family, but when they split, he made plans to celebrate the holiday with his grandmother.

It turns out he went to Utah to go snowboarding.



"LOL-U are in Utah snowboarding w/'friends'-lol-ur redic," Glassman, 22, Twittered. Meanwhile, Kate spent turkey day with the eight kids at the family's $1.1 million home in Wernersville, Pa. Bodyguard Steve Neild, his wife and their kids joined them. Three menonite women also popped by the family home to leave a gift for Kate. METRO NEWS SERVICES

JLo's ex files $100 million suit

HE WANTS THE MONEY THAT SHE'S GOT Ojani Noa, ex-husband to Jennifer Lopez, is preparing a blockbuster lawsuit against the star and her business and legal team for $100 million US, reports radaronline.

After Noa attempted to produce a film featuring home video footage of Lopez — featuring a pantsless Lopez on a motorcycle — she sued for $10 million and won a temporary restraining order to bar the film from public consumption, usmagazine.com reports.

Noa's nine-figure suit charges Lopez, her father, lawyers and business associates with interfering in the project — and for fraud.

Lopez's mother, Noa's attorney claims, sold some of that home-video footage to Spanish language station Univision for $30,000 without Noa's permission.

Lopez and Noa — who wed in Feb, 1997 and divorced Jan. 1998 — are scheduled to meet in court Dec. 1.

The disgruntled ex-husband plans to submit the home videos in question … no matter what.

Ojani Noa's attorney said the following Friday:

"I believe that I have an unalienable First Amendment right to enter the JLo home videos into the public court record, so as to defend myself.

If Judge Chalfant has a problem with this, he can have me hauled out of the courtroom in handcuffs in front of the world media."

METRO NEWS SERVICES



GETTY IMAGE PHOTO

Crowe digging archery

CROWING ABOUT A PASTIME Russell Crowe is "in love" with archery, femalefirst.co.uk reports. The actor learned how to use a bow and arrow ahead of taking on the title role in Robin Hood and believes his training made the movie better. "It's a bit like learning golf, which I did for The Insider. And man, I loved it. It's great," he said.

. METRO WORLD NEWS



Architect bashes Pitt

SCORN ON THE BAYOU Brad Pitt has made quite an impact on the city of New Orleans since he started building new homes for those devastated by Hurricane Katrina. While the homes are first class, there are mixed reviews about his work and what is being done to help the city, popeater.com reports.

In an interview with the NY Times, James Dart, a Manhattan-based architect who was born and raised in New Orleans, described the houses as "alien, sometimes even insulting" adding, "the biggest problem is that they are not grounded in the history of New Orleans architecture."

But Dart still expressed admiration for Pitt. "He deserves a great deal of credit,"

METRO WORLD NEWS

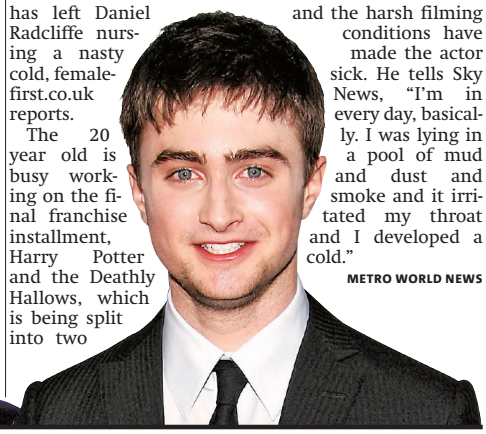


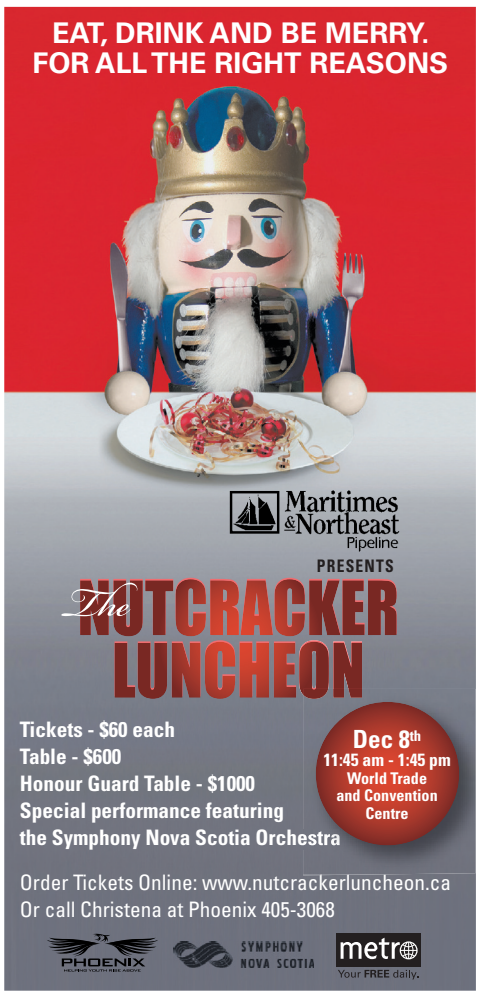
Intense filming leaves Potter star with severe sniffles

MILKING THIS FRANCHISE FOR ALL IT'S WORTH Filming for the new Harry Potter movie is so intense, it has left Daniel Radcliffe nursing a nasty cold, femalefirst.co.uk reports.

The 20 year old is busy working on the final franchise installment, Harry Potter and the Deathly Hallows, which is being split into two films. The story sees Radcliffe and co-stars Rupert Grint and Emma Watson's characters on the run — and the harsh filming conditions have made the actor sick. He tells Sky News, "I'm in every day, basically. I was lying in a pool of mud and dust and smoke and it irritated my throat and I developed a cold."

METRO WORLD NEWS





Holmes talks through Twilight

A REAL CHATTY KATHY Several New Yorkers learned a difficult lesson last week: Don't sit in front of Katie Holmes at the movies.

The actress and a pal went to see New Moon, the latest in the Twilight franchise, and reportedly ruined the experience for those around them.

"Katie talked through all of New Moon," a source tells Fox News. "It was unbelievable."

METRO NEWS SERVICES



DiCaprio back on with Refaeli, says source

IF AT FIRST YOU DON'T SUCCEED... Things appear to be heating up again for Leonardo DiCaprio and his fashion model ex-girlfriend, Bar Refaeli.

Sources tell Page Six the pair headed to Baker's Bay, an exclusive resort in the Bahamas, for a little quiet time. "They stayed in their own villa.

They were shacked up together all weekend," a source says. DiCaprio and Refaeli split up in June after dating for three years

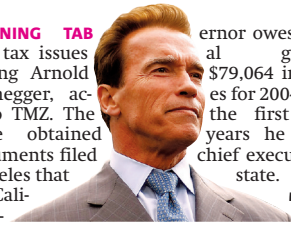
METRO WORLD NEWS



Arnie owes back taxes

THE RUNNING TAB Some old tax issues are dogging Arnold Schwarzenegger, according to TMZ. The Web site obtained court documents filed in Los Angeles that show the California governor owes the federal government $79,064 in back taxes for 2004 and 2005, the first two full years he served as chief executive of the state.

METRO WORLD NEWS



Celebrity tweets

Sandra Bernhard indulges in some late-night retail cravings and Stephanie Pratt gets all her holiday greetings done

• @SandraBernhard heading to macys don't ask sometimes you just don't have any choice don't get me wrong i love macys at 2 am when they open the store just for me

• @stephaniepratt Oh my God I just want to wish you guy's happy holidays! Everyone have a wonderful Thanksgiving. Merry Christmas, Happy Hanukkah, Have a great Kwanzaa, and everything else and happy New Years.

METRO WORLD NEWS



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Today Variable 12°/ -1°

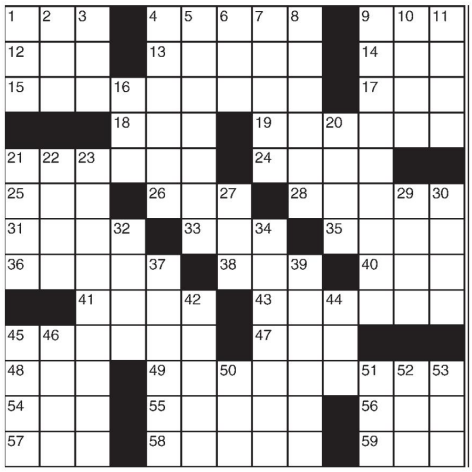
Tuesday Partly sunny 3°/ -1°

Wednesday Variable 5°/ 3°

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Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5			8	2	1			4
	1				6	7		
				5				
8		4					5	
	5	9				6	4	
	6					8		3
				3				
		7	4				9	
9			1	8	5			2

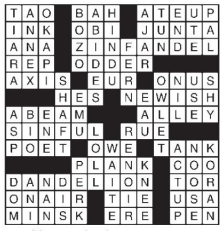
ACROSS

1 Energy
4 Manila hemp
9 Legume
12 "— Kapital"
13 Man of La Mancha
14 Jamaican export in a bottle
15 Plaster ingredient
17 Rage
18 — -CIO
19 Follower of Brigham Young
21 Hire
24 Lotion additive
25 By way of
26 Carpet
28 "Peter, Peter, pumpkin —"
31 Sea eagles
33 9-Across holder
35 It ain't worth a nickel
36 Of birth
38 Dict. information
40 Wrong (Pref.)
41 Curved molding
43 "Everybody Loves Raymond" brother
45 Maiden in distress?
47 Savings plan acronym
48 Midafternoon, on a sundial
49 Musical mobile, maybe
54 Branch
55 "— Grows in Brooklyn"
56 Book spine abbr.
57 Caustic solution
58 Decade parts
59 Sweet potato

DOWN

1 Fast (Abbr.)
2 — de cologne
3 Omega preceder
4 Request
5 Bankrupt
6 Blackbird
7 Punctuation mark
8 Coloured ring
9 8 to 11 p.m. on TV
10 Modern coin
11 "So be it"
16 Western st.
20 Street
21 Divisible by two
22 Actress Sorvino
23 It goes without saying
27 Deity
29 Eastern potentate
30 Whatever's left over
32 Droops
34 One given to mockery
37 Elbow room
39 Impels
42 The 400
44 "Phooey!"
45 Rotary phone part
46 Ethereal
50 Gun lobby org.
51 Wall-climbing plant
52 Extinct bird
53 "Slippery" tree

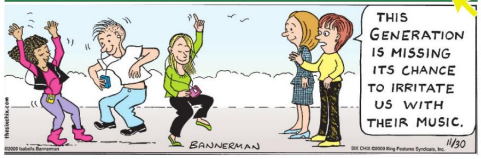
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	7	2	3	1	8	5	9	4
3	5	9	6	4	7	8	2	1
8	1	4	9	5	2	7	6	3
9	2	3	5	6	4	1	8	7
1	8	5	7	9	3	6	4	2
4	6	7	2	8	1	9	3	5
7	9	6	4	3	5	2	1	8
5	4	8	1	2	9	3	7	6
2	3	1	8	7	6	4	5	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Creamy Chicken Korma

INGREDIENTS:

1 tbsp (15 ml) canola oil
1 onion, chopped
1 tsp (5 ml) finely chopped fresh ginger
2 tbsp (25 ml) korma curry paste or powder
1 lb (500 g) skinless chicken breast fillets, thickly sliced
2/3 cup (150 ml) hot chicken stock
14 oz (398 ml) can coconut milk
1/2 cup (125 ml) ground almonds

METHOD:

1. Preheat oven to 350 F(180 C). Heat oil in flameproof casserole and lightly cook onion and ginger 4-5 minutes or until softened. Stir in curry paste or powder and cook over low heat 1 minute.
2. Add chicken slices to casserole, stirring to coat in spicy onions. Add stock and coconut milk; bring to boil. Season. Cover with tight-fitting lid, then put in oven and leave to cook 45-60 minutes.
3. When ready to serve, remove casserole from the oven, and stir in ground almonds to thicken sauce.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Most likely this will be one of those days when you'd rather be anywhere else. You'll get away from it all soon, but for now, do what's expected of you.

TAURUS ♉
APRIL 21-MAY 21
Inspiration comes and goes but effort always gets results, so keep plugging away at your latest project. You're close to a breakthrough, so have faith.

GEMINI ♊
MAY 22-JUNE 21
It may seem like someone is being obstructive, but was there was something you said or did over the weekend that turned that person against you?

CANCER ♋
JUNE 22-JULY 22
Why are you so pessimistic about your prospects? Things may not being going as well as you hoped they would be but life is full of ups and downs.

LEO ♌
JULY 23-AUG 23
Recent changes may have been unsettling but keep telling yourself, over and over again, that in the long-term they will work in your favour.

VIRGO ♍
AUG 24-SEPT 22
Do something today that livens up your home or your work environment. Focus on what makes you feel good. Ignore the rest.

LIBRA ♎
SEPT 23-OCT 23
The planets indicate this is going to be an important week and by the end of it you will have made a number of major lifestyle and career changes.

SCORPIO ♏
OCT 24-NOV 22
You know you have made an error and you know you will have to make amends to those you have wronged, so why are you finding it so hard to do?

SAGITTARIUS ♐
NOV 23-DEC 21
Usually you can trust your instincts but you would be wise to get a second opinion before taking action. Could there be something you have missed?

CAPRICORN ♑
DEC 22-JAN 20
Now that Saturn, your ruler, is transiting the career area of your chart, your dealings with people in authority are of even more importance than usual.

AQUARIUS ♒
JAN 21-FEB 18
Is someone keeping something from you? It would appear that they are. But is it something you need to know? Probably not.

PISCES ♓
FEB 19-MARCH 20
Don't let other people get rich at your expense. You cannot afford to take it for granted that they will treat you fairly. It's up to you to protect yourself.

Today in history

1872: The first-ever international soccer match takes place at Hamilton Crescent, Glasgow, between Scotland and England.
1954: In Sylacauga, Ala., the Hodges Meteorite crashes through a roof and hits a woman taking an afternoon nap in the only documented case of a human being hit by a rock from space.
1999: In Seattle, Wash., protests against the WTO meeting by anti-globalization protesters catch police unprepared and force the cancellation of opening ceremonies.

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Limited model shown

2009 ELANTRA L

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Limited model shown

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GL Sport model shown

2009 TUCSON L

LAST CHANCE

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Limited model shown

2009 SANTA FE 2.7L GL

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GL Sport model shown

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